

Growing Healthy Families

SPRINGFIELD DISTRICT OFFICE • Vermont Department of Health, WIC Program
100 Mineral Street, Suite 104, Springfield, VT 05156 • 1-802-885-5778 or 1-888-296-8151

Weight loss and wellness for adults

Wednesdays

September 2, 9, 16, 23, 30
10:00–11:30 a.m.

Springfield Health Center
100 River Street

This program helps adults looking to lose weight or maintain weight they've lost, in a healthy way.

This 5-class series covers physical activity, appetite regulation, emotional eating, food cravings, meal planning and behavior modification. Class includes group education and time for sharing.

To register please call 802-886-8946 or email cht@springfieldmed.org.

Wellness Recovery & Action Plan (WRAP)

Mondays

September 14–November 2
5:00–8:00 p.m.

Springfield Health Center
100 River Street

Create positive change and increase your enjoyment of life. Learn to effectively manage a variety of situations, including sadness, substance abuse, panic attacks, diabetes, arthritis or weight loss.

To register please call 802-886-8946 or email cht@springfieldmed.org.

WIC2Five

Your kids have you and you have WIC! WIC2Five is a new text messaging service to help your family grow healthy, happy and smart with weekly tips specific to your child's age and stage of development. You'll get health and nutrition information, community events announcements and more! Sign up at your local WIC office, on our Facebook page, or on our website.

<http://healthvermont.gov/wic> or

<http://healthvermont.gov/local/district/Springfield.aspx>



WIC2Five

Car seat check-ups

New baby? Do you now have two car seats? When can your child use the seat belt? How long do your kids need to stay in a car seat?

Come to the Springfield WIC office first to get a free car seat voucher, then make a Car Seat Check appointment by calling Sandy Peplau at 802-885-7686.

All activities are FREE
of charge!

Want to quit tobacco?

Support groups and individual cessation counseling are available.

In the Springfield area please contact Susan Norton-Weber, LPN, snortonweber@springfieldmed.org or 802-886-8932; or Sarah Doyle, 802-886-8946.

In the Windsor area please register by calling 802-674-7089 or email CHO@mahhc.org.

Visit www.vtquitnetwork.org or contact the Vermont Quit Network 1-800-QUIT-NOW (784-8669).





Get WIC your way with the new WIC card!

More choices and greater convenience are coming your way as WIC changes from home delivery of WIC foods to a new electronic benefits card. Starting in December, you will shop for all your WIC foods at major supermarkets and smaller grocery stores using the new WIC card.

More choices

With an expanded number of WIC-approved food items, you will get to choose among many different brands for dairy, eggs, peanut butter, whole grains, fruits and veggies, cereals and more! Exciting new additions to the WIC food list are yogurt, whole wheat pasta and tortillas.

The WIC card does not change the amount of WIC food benefits you receive, but it will give you more flexibility to buy what you want each month, when you need it. WIC is also expanding our nutrition education offerings so you will have more opportunities to get ideas and make connections that will help you keep your family healthy and happy.

Getting your card

Bring your family to an eWIC Learning Session in September and October 2015 to get familiar with the new food choices and to see how the WIC card works. Watch for the schedule of dates in your September home deliveries. We'll also post the schedule on the Vermont Department of Health WIC website and Facebook pages as the time gets closer. Sign up early so you won't miss out when it's time to shop. After attending the eWIC Learning Session, you will receive your new WIC card in the mail.

Ready, set, shop!

Home delivery for Springfield District Office WIC families will end the last week of November, 2015. You'll be able to use your new WIC card in authorized stores beginning December 1st. Your food benefits will be re-issued every three months, either at a WIC appointment, a group event, or after completing an online nutrition activity.

The new WIC card will give you more flexibility, expanded choices, and greater convenience in using your WIC food benefits. It's one of the ways WIC is working hard to be your trusted source for good nutrition.

Springfield eWIC Learning Sessions

September 8, Noon–4:00 p.m.
100 Mineral Street, Suite 104
Springfield

September 11, 9:00 a.m.–3:00 p.m.
St. Luke's Church
313 Main Street, Chester

September 14, 9:00 a.m.–3:00 p.m.
Trinity Evangelical Church
47 Main Street, Windsor

September 16, 2:00–6:00 p.m.
100 Mineral Street, Suite 104
Springfield

September 23, 9:00 a.m.–3:00 p.m.
United Church
8 School Street, Bellows Falls

September 24, Noon–4:00 p.m.
100 Mineral Street, Suite 104
Springfield

September 30, 8:00 a.m.–Noon
100 Mineral Street, Suite 104
Springfield

October 2, 9:00 a.m.–3:00 p.m.
United Church
48 Pleasant Street, Ludlow

October 7, 2:00–6:00 p.m.
100 Mineral Street, Suite 104
Springfield

October 8, 8:00 a.m.–Noon
100 Mineral Street, Suite 104
Springfield

October 12, 9:00 a.m.–Noon
Trinity Evangelical Church
47 Main Street, Windsor

October 13, 8:00 a.m.–4:00 p.m.
100 Mineral Street, Suite 104
Springfield

October 14, 9:00 a.m.–3:00 p.m.
United Church
8 School Street, Bellows Falls

Learn more at healthvermont.gov/wic
or [facebook.com/vdhspringfield](https://www.facebook.com/vdhspringfield)